

# DOHS Serving the NIH Community

The NIH Integrated Pest Management Program (IPMP) is one many worker health and safety programs provided by the Office of Research Services, Division of the Occupational Health and Safety (DOHS). Others include:

- » AED—Automated External Defibrillator
- » Asbestos Management
- » Biological Compliance
- » Blood Pressure Monitoring Stations
- » CPR Heartsaver® Training
- » Ergonomics
- » Food and Water Safety
- » Indoor Air Quality Assessment
- » Laboratory Safety Training and numerous laboratory training and assessment programs
- » Nursing Mothers Program
- » Occupational Medical Services
- » Safety Shoes
- » Workplace Safety Survey
- » Work-Related Injury and Illness Investigation

Learn more about Integrated Pest Management and all of the DOHS programs at our website:

<http://www.ors.od.nih.gov/sr/dohs>

## TIPS for a Pest-Free Workplace



- 1 If you keep food at your desk, store it in sealed containers made of glass, metal or heavy plastic.
- 2 Make sure trash cans containing food debris are empty at night.
- 3 If trash containing food debris cannot be removed by the end of the day, place it in a plastic bag, seal the bag and place it in a hallway or other designated area.
- 4 Clean beneath, around and behind appliances to remove crumbs and other spilled food.
- 5 Reduce or eliminate clutter—pests thrive in cluttered environments where they can hide while people are present.

If you see a mouse or find evidence of mice such as droppings or chewed paper in your workspace, or any other pests call:

**PEST MANAGEMENT: (301) 496-4294**



# INTEGRATED PEST MANAGEMENT

AT THE  
NATIONAL INSTITUTES OF HEALTH

Division of Occupational Health and Safety  
Building 13, Room 3K04 • 13 South Drive, MSC 5760  
Bethesda, MD 20892-0003 • T 301.496.2960

# The NIH Integrated Pest Management Program

uses a multidisciplinary approach to preventing and controlling pest problems through measures such as:

## STRUCTURAL MODIFICATION

Eliminate pest entry points and harborage by caulking or sealing

## SANITATION AND WASTE MANAGEMENT

Remove clutter, debris, food trash

## ENVIRONMENTAL CONTROL

Modify temperature, relative humidity or landscaping

## OPERATIONAL/CULTURAL CONTROL

Change behaviors such as leaving food out or doors propped open

## MONITORING

Monitoring is an important part of the IPM program. Technicians use monitoring devices to capture and identify pests. Insect monitors, "sticky traps", use adhesive to catch crawling pests such as ants and cockroaches.



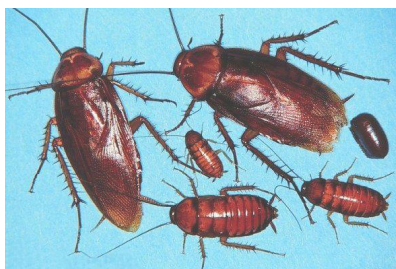
Insect  
Monitors

# COMMON COCKROACHES

## Male, Female, Nymphs and Egg Cases (Ootheca)

Many people are alarmed when they see roaches. As shown below, the American cockroach is quite large and usually is associated with plumbing. The German cockroach is smaller and usually found near food. Neither species bite but both can spread bacteria and fungi.

## AMERICAN COCKROACH *Periplaneta americana*



Adults 1.5" long

Image courtesy of: University of Nebraska, Department of Entomology

Reddish brown color.

Found in sewer systems and may emerge from floor drains. Mature in approximately 1 year - lifespan up to 18 months. Male and female adults are winged and can glide. Females produce up to 14 egg cases in their life time. Egg cases contain approximately 15 eggs.

## GERMAN COCKROACH

*Blattella germanica*



Adults 5/8" long

Image courtesy of: University of Nebraska, Department of Entomology

Brown with two dark stripes above head.

Often brought in on equipment or boxes from infested areas.

Mature in approximately 3 months—lifespan up to 1 year.

Females produce up to 5 egg cases in their life time.

Egg cases contain approximately 40 eggs each.

Populations can increase rapidly if left unchecked.

# ABOUT BED BUGS

Bed bugs are a growing concern, especially for travelers, because they move from one place to another on luggage and backpacks. They are cryptic creatures that hide in the seams or folds of fabric, in small gaps in furniture, or other tight spaces and their tiny eggs may be affixed to almost any surface.

## BED BUG *Cimex lectularius*



Actual size:  
Adults 3/16"

Image courtesy of: DPDX

Both male and female bed bugs take blood-meals at all life stages and frequently inhabit areas that are close to resting humans, like mattresses, headboards, baseboards furniture and wall décor.

When checking into a hotel, check for evidence of bed bug infestations like tiny dried blood spots on sheets, mattresses or walls before moving in for the night.

If your home becomes infested, contact a pest management professional and try not to transport them to other locations.